



## Promoting Healthy Habits through Service-Learning

### INTRODUCTION

#### Service-Learning: What is it?

Service-learning is an interactive educational strategy that links service and academic curriculum to promote learning. Service-learning promotes students' personal, social, and intellectual growth and provides them with a sense of civic responsibility. Service-learning is coordinated within an elementary school, secondary school, institution of higher education, or community organization, and the community. Service-learning follows four stages: preparation, action, reflection, and celebration.

#### The Service-Learning Approach to Volunteering

A service-learning approach to volunteering starts at the **preparation** stage, when students research a general issue—including its causes, demographics, and consequences—and then identify the prevalence of the issue within their own community. Researching health statistics nationally and locally gives students the opportunity to see how their city compares to the rest of the country. In this module you will find general statistics, demographics, causes and consequences to get your research started. Once students have recognized a need within their own community they can take **action** by designing an intervention—for example an awareness event on diabetes and how to prevent it. As you will see, this module contains numerous ideas and resources for such projects. Upon completion of the project, it is critical that students have an individual and group **reflection** to summarize the success or impact they had in the community. Finally, students should also host a **celebration** of their hard work and dedication to the cause.

#### Why make service-learning part of the classroom?

Service-learning is a fun and hands-on way to teach all school subjects. Children who begin to give back to their community at a young age are more likely to continue to do so throughout their life. The Iowa Department of Education developed a list of general ways to incorporate service-learning in the classroom of students of any age.<sup>1</sup> Check out a power point presentation on *How Service-Learning Can Become an Integral Part of Schools, States and Communities*,<sup>2</sup> which summarizes service-learning benefits for various stakeholders:

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<sup>1</sup> Iowa Department of Education: <http://www.state.ia.us/educate/ecese/cfcs/sl/curriculum.html>

<sup>2</sup> How Service Learning Can Become an Integral Part of Schools, States and Communities: <http://www.ecs.org/clearinghouse/40/54/4054.pdf>

- ♦ **Students benefit** from higher academic achievement, relevant learning opportunities, community ties, and leadership opportunities.
- ♦ **Teachers benefit** from empowerment to create conditions for student success and the ability to take an interdisciplinary approach to learning.
- ♦ **Administrators benefit** from greater collaboration within the school, stronger ties to the community, enhanced community support of schools, and the ability to demonstrate effective teaching, learning and serving.
- ♦ **The Community benefits** from being able to shape the future workforce, a stronger student sense of responsibility and ownership of the community, and the opportunity to help students become contributing citizens while learning problem-solving and leadership skills.
- ♦ **Policymakers benefit** from students becoming responsible and productive workers and citizens, students gaining real-world civic and career experience, and addressing multiple student standards.

### **Can service-learning be incorporated into *every* school subject?**

Yes! Here are some examples featuring projects that address health related issues:

- ♦ **English:** Students can write and distribute nutrition newsletters including recipes, articles from dieticians and interesting facts to educate other students, expectant mothers, and senior citizens. For more ideas visit [www.pitt.edu/~psla/Project\\_Ideas/Health.html](http://www.pitt.edu/~psla/Project_Ideas/Health.html).
- ♦ **Social Studies:** Students can study malnutrition, the widespread issue of hunger across the globe or in a local neighborhood, and the physical and societal effects of hunger. Serving meals at a local soup kitchen or holding a canned food drive offers the students an opportunity to improve conditions in their area.
- ♦ **Science:** Students can learn about muscle development and the benefits of exercising. Organizing an intramural sporting event to raise money or participating in a walk or run (ex: Relay For Life [www.cancer.org](http://www.cancer.org)) offers students an opportunity to apply their knowledge and teach others. Also, studying blood types, the need for transfusions, and the benefits of donating can lead to the organization of a blood drive (if age appropriate) to spread awareness.
- ♦ **Music/Theater/Art:** Students can perform a play or analyze a movie addressing critical health issues. Art students can create placemats with health facts and distribute them within their own school or at a local shelter.
- ♦ **Math:** Students can work on a budget to see how much it would cost to build a park or improve an existing trail.
- ♦ **Technology:** Students can create public service announcements (PSAs) on the consequences of drugs, alcohol, and sex or on the benefits of exercise and healthy eating. Working with the community to have the PSAs shown in a movie theater or on the local television channel will help the students reach a broader audience.
- ♦ **Get the whole school involved in one project:** Bethany Welch of Pennsylvania was awarded the AT&T grant from Youth Service America to organize a community day through the Cardinal Belvilacqua Community Center for National & Global Youth Service Day 2004. Students planned and coordinated the program in addition to budgeting for the garden walkway in a rundown neighborhood. The goal was not only to learn about health but to also teach others. Their efforts beautified and fed the neighborhood, and inspired the community members to become more involved in their surroundings.

### ***About This Module***

Youth Service America (YSA) developed this module to complement the National & Global Youth Service Day Service-Learning Curriculum Guide, a tool for helping youth develop project management skills. YSA's materials generally do not focus on particular issues, such as health topics, because we recognize that every community has different needs, and every person has different passions and interests. Therefore, most of our materials aim to help young people develop quality projects based on the issue of their choice.

At the same time, we recognize that health issues are one of the most common themes addressed through service projects. Since YSA is not an expert on health issues, and we recognize that many quality resources already exist from organizations that are experts, we are pulling together existing resources, rather than creating new ones.

The organizations represented in this document are examples of the many organizations that are doing exciting and important work, and we hope you will follow up on those that interest you to learn more about how you can become involved. All citations in this document include links to the organization's website, to make follow-up easy.

### **This module contains the following sections:**

#### **I. Aspects of the Human Body & Wellness**

- A. Obesity
- B. Healthy Eating
  - 1) Eating Disorders
- C. Physical Activity
- D. Teen Pregnancy
- E. Sexually Transmitted Diseases (STDs)
  - 1) HIV/AIDS
- F. Cancer
- G. Mental Health
- H. Diabetes
- I. Drug Awareness
- J. Smoking
- K. Alcohol & Consequences
- L. Respiratory Health among Minorities

#### **II. Further Involvement**

- A. Service Project Ideas
- B. Seasons of Service
- C. Civic Engagement

#### **III. Additional Resources and Reading**

We urge you to download the National & Global Youth Service Day Planning Toolkit and Service-Learning Curriculum Guide for additional resources on planning service and service-learning projects. On the National & Global Youth Service Day website ([www.YSA.org/nysd](http://www.YSA.org/nysd)), you will find many additional resources, including classroom posters, t-shirt order forms, grant opportunities, civic engagement resources, and more.

## **I. Aspects of the Human Body & Wellness**

### **A. Obesity**

Obesity can result from a lack of physical activity, overeating, or genetics—but starting healthy habits at an early age can prevent obesity.

Statistics from [www.obesity.org](http://www.obesity.org):

- ♦ The British Broadcasting Company (BBC) offers great nutrition tips and facts: [www.bbc.co.uk/health/healthy\\_living/nutrition/index.shtml](http://www.bbc.co.uk/health/healthy_living/nutrition/index.shtml)
- ♦ Food Pyramid – Guide for kids: [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)
- ♦ Food Pyramid – Guide for adults: [www.mypyramid.gov](http://www.mypyramid.gov)
- ♦ USDA nutrient database: [www.nal.usda.gov/fnic/foodcomp](http://www.nal.usda.gov/fnic/foodcomp)

### **C. Physical Activity**

Staying active is important to maintain physical and mental health. To improve health, you can watch less TV, move more, and stay hydrated by drinking water.

#### **Service Project Ideas:**

- ♦ Jenny Lin of Cambridge, Massachusetts created “Boston Buddies Fitness Program” to increase the physical activity of the mentally impaired, and she was recognized for her creativity and efforts by CosmoGirl and Youth Service America.<sup>3</sup>
- ♦ Participate in the Special Olympics and help encourage physical activity: [www.specialolympics.org](http://www.specialolympics.org)
- ♦ Service-Learning Projects: Provide sand volley ball courts and walking trails in a local park to promote healthy physical activity; have older students prepare a lesson for younger students on the health advantages of exercise; begin a physical fitness mentoring program: <http://wvde.state.wv.us/lessons/sllessonplans.pdf>

### **D. Teen Pregnancy**

Facts from [www.teenpregnancy.org](http://www.teenpregnancy.org):

- ♦ The United States has the highest rates of teen pregnancy and births in the Western industrialized world.
- ♦ Approximately 80% of unmarried teen mothers end up on welfare.
- ♦ 820,000 teenage girls get pregnant each year.
- ♦ 34% of young women get pregnant at least once before they turn 20.
- ♦ A teenage girl who has sex without using protection on a regular basis has a 90% chance of getting pregnant within one year.

#### **Available Resources:**

- ♦ Evelyn Garcia was recognized by CosmoGirl and Youth Service America for her achievements in the creation of “My Life,” a program to educate youth on the consequences of becoming sexually active.<sup>4</sup>
- ♦ Get involved! [www.teenpregnancy.org/support/volunteer.asp](http://www.teenpregnancy.org/support/volunteer.asp)
- ♦ May – Teen Pregnancy Prevention Month: [www.advocatesforyouth.org](http://www.advocatesforyouth.org)

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<sup>3</sup> [www.ysa.org/news\\_event/2004/press\\_release.cfm?pr=061704n\\_a](http://www.ysa.org/news_event/2004/press_release.cfm?pr=061704n_a)

<sup>4</sup> [www.ysa.org/news\\_event/2004/press\\_release.cfm?pr=061704n\\_a](http://www.ysa.org/news_event/2004/press_release.cfm?pr=061704n_a)

- ◆ Teen Pregnancy Prevention: [www.teenpregnancy.org/works/ndprofiles.asp](http://www.teenpregnancy.org/works/ndprofiles.asp)
- ◆ Family Planning Association: [www.fpa.org.uk](http://www.fpa.org.uk)

## **E. Sexually Transmitted Diseases (STDs)**

Facts from [www.avert.org](http://www.avert.org):

- ◆ Chlamydia is the most widespread STD in the US today, with 834,555 people infected, the majority of which are women.
- ◆ Syphilis infects both men and women, but it is found most often in men.
- ◆ AIDS is the number one killer among STD's. Statistics are included below.

### **1) HIV/AIDS**

UNAIDS, the Joint United Nations Program on HIV/AIDS, is the main advocate for global action on the epidemic [www.unaids.org/en](http://www.unaids.org/en).

Facts from [www.avert.org](http://www.avert.org); [www.worldaidsday.org](http://www.worldaidsday.org); [www.amfar.org](http://www.amfar.org); [www.aids.org](http://www.aids.org):

- ◆ 21.8 million people died from AIDS between the beginning of the epidemic and the end of 2001.
- ◆ 15 million people have died from AIDS in Africa, 2.4 million in the sub-Saharan region alone in 2002.
- ◆ 40 million people are living with HIV in the world today.
  - 1 million of these people are in the United States; 1 in 250 people are infected but only 1 in 500 knows they are a carrier of the disease.
  - More than 5 million of these people live in South Africa making it the most infected area of the world.
- ◆ AIDS is the fourth leading cause of death among women ages 25 through 44, although they rarely get tested.

### **Service Project Ideas:**

- ◆ December 1 – Hold an event for World AIDS Day [www.worldaidsday.org](http://www.worldaidsday.org).
- ◆ Vanderbilt University sponsored an HIV awareness week during which students provided food, house cleaning services, and newsletters to residents of the Nashville area living with AIDS. The week ended with a 1723 mile hike to raise awareness for the HIV/AIDS epidemic sweeping the Nashville area. Participants also created a successful mentoring program to educate young students about AIDS and filmed a documentary about living with AIDS in Nashville.
- ◆ Students at the Benjamin N. Cardozo High School in Bayside, New York ran a conference full of workshops to educate other local teens and provide resources on HIV and AIDS.
- ◆ Raise money to provide AIDS vaccinations overseas and increases awareness.

### **Available Resources:**

- ◆ Family Planning Association – UK: [www.fpa.org.uk](http://www.fpa.org.uk)
- ◆ AVERT – International AIDS Charity: [www.avert.org/resource.htm](http://www.avert.org/resource.htm)
- ◆ Lots of links for World Aids Day: [www.worldaidsday.org/links.asp](http://www.worldaidsday.org/links.asp)
- ◆ AIDS.org: [www.aids.org/index.html](http://www.aids.org/index.html)
- ◆ America's Foundation for AIDS Research: [www.amfar.org](http://www.amfar.org)
- ◆ Children with AIDS Charity–National UK Charity: [www.cwac.org](http://www.cwac.org) Helps children through the age of 18 years with grants and other resources.

- ◆ Starfish Charity: [www.starfishcharity.org](http://www.starfishcharity.org)
- ◆ International AIDS Vaccine Initiative: [www.iavi.org](http://www.iavi.org)
- ◆ View the AIDS Quilt: [www.aidsquilt.org](http://www.aidsquilt.org)
- ◆ Youth AIDS [www.youthaids.org](http://www.youthaids.org):
- ◆ Service-learning activities in conjunction with non-profit organizations: <http://search.servicelearning.org/?q=aids&restrict%5B%5D=all>
- ◆ A great site for younger audiences: [www.youthco.org](http://www.youthco.org)
- ◆ 120 AIDS fact sheets: [www.aids.org/factSheets/index.html](http://www.aids.org/factSheets/index.html)
- ◆ The Global Fund to Fight AIDS, Tuberculosis, and Malaria: [www.theglobalfund.org](http://www.theglobalfund.org)

## F. Cancer

Some facts from [www.cancer.org](http://www.cancer.org):

- ◆ Over 1.3 million people were diagnosed with cancer in 2003.
- ◆ 1,500 people die each day from cancer, more than 550,000 die each year.
- ◆ Cancer in the respiratory system is the biggest killer each year.

### Service Project Ideas:

- ◆ The American Cancer Society sponsors many easily accessible fundraisers that you can run at a local level.
  - Daffodil Days: Daffodils are sold each January and February and delivered in March [www.cancer.org](http://www.cancer.org).
  - Relay for Life is a large event dedicated to supporting cancer survivors and remembering lost loved ones [www.cancer.org](http://www.cancer.org).
- ◆ The Onkama Consolidated School District in Onkama, Michigan held a student-run “mini relay for life” that taught them about their civic responsibility to help others in need and work towards solving social problems, and succeeded in raising nearly \$3,000 for the American Cancer Society.

### Available Resource:

- ◆ Cancer information – “The Myths vs. The Facts: Get Your Story Straight!”: [www.cancer.org](http://www.cancer.org)

## G. Mental Health

Approximately 10% of adults in any given year have a depressive disorder, and 1 in 5 adults age 18 and older suffers from a mental disorder (including depression).<sup>5</sup>

### Available Resources:

- ◆ May – Mental Health Month & Childhood Depression Awareness Day: [www.nmha.org](http://www.nmha.org)
- ◆ The National Institute of Mental Health [www.nimh.nih.gov](http://www.nimh.nih.gov): Information and resources available for everyone from the sufferer of a mental health disorder to the family and friends trying to help.
- ◆ The Guidance Channel has available resources addressing mental health and wellness: [http://sales.guidancechannel.com/marketplace/nlf\\_default.asp?fn=tID&catID=18](http://sales.guidancechannel.com/marketplace/nlf_default.asp?fn=tID&catID=18)

## H. Diabetes

More than 18 million Americans have diabetes.<sup>6</sup>

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<sup>5</sup> [www.nimh.nih.gov/publicat/numbers.cfm](http://www.nimh.nih.gov/publicat/numbers.cfm)

### Service Project Ideas:

- ♦ Find a location near you to walk and raise money for diabetes!
- ♦ Michelle Parker of Washington, DC received the State Farm Good Neighbor Service-Learning Award from YSA to successfully complete her program for National & Global Youth Service Day 2004. She led Stanton Elementary School in raising awareness of diabetes through the education on risk factors, prevention, and treatments. Students also constructed “Get Well” badges for patients at Children’s Hospital as they learned about health and the human body.

### Available Resources:

- ♦ American Diabetes Association [www.diabetes.org/home.jsp](http://www.diabetes.org/home.jsp)
- ♦ The basics of eating healthy for diabetics: [www.diabetes.org/nutrition-and-recipes/nutrition/overview.jsp](http://www.diabetes.org/nutrition-and-recipes/nutrition/overview.jsp)

### I. Drug Awareness

Statistics that show that not everyone is doing drugs:

- ♦ Currently, only 8.3% of 8th graders say they have used marijuana, and only 21.5% of 12th graders.<sup>7</sup>
- ♦ A 2002 National Institute of Drug Awareness (NIDA) study reported that 4.3% of 8th graders, 6.6% of 10th graders, and 10.5% of 12th graders had tried Ecstasy (MDMA) at least once in their life.<sup>8</sup>

### Service Project Idea:

- ♦ Anna McBride, a student at Negaunee High School in Marquette, MI, worked with a group of students to increase awareness of drug and alcohol use. The group created several advertisements featured in their local theaters, and eventually spread their message to more than 68,000 people in the eight weeks their slides were shown. This project proved to be effective—they presented information in a local school at the request of a teacher and a local mentoring agency reported an increase in volunteer mentors.

### Available Resources:

- ♦ Valuable resources from the Drug Enforcement Administration (DEA): consider speaking out against drug legalization, or join a community organization against the use of drugs: [www.dea.gov/resources/parents\\_teachers.html](http://www.dea.gov/resources/parents_teachers.html)
- ♦ The US Drug Enforcement Agency’s (DEA) Drug Descriptions: [www.dea.gov/concern/concern.htm](http://www.dea.gov/concern/concern.htm)
- ♦ National Drug Intelligence Center: [www.usdoj.gov/ndic/index.htm](http://www.usdoj.gov/ndic/index.htm)
- ♦ Drug Abuse Warning Network (DAWN): <http://dawninfo.samhsa.gov/>
- ♦ National Institute on Drug Abuse: [www.drugabuse.gov](http://www.drugabuse.gov)
  - Information for students: [www.drugabuse.gov/students.html](http://www.drugabuse.gov/students.html)
  - Information geared towards teens: [www.ClubDrugs.org](http://www.ClubDrugs.org), [www.Teens.drugabuse.gov](http://www.Teens.drugabuse.gov), and [www.BacktoSchool.drugabuse.gov](http://www.BacktoSchool.drugabuse.gov)

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<sup>6</sup>[http://walk.diabetes.org/site/PageServer?pagename=AWD\\_homepage&WTLPromo=HOME\\_WALK&vms=141213859224](http://walk.diabetes.org/site/PageServer?pagename=AWD_homepage&WTLPromo=HOME_WALK&vms=141213859224)

<sup>7</sup> [www.teens.drugabuse.gov/facts/facts\\_mj1.asp](http://www.teens.drugabuse.gov/facts/facts_mj1.asp)

<sup>8</sup> [www.teens.drugabuse.gov/facts/facts\\_xtc1.asp](http://www.teens.drugabuse.gov/facts/facts_xtc1.asp)



- Links for parents and teachers: [www.drugabuse.gov/parent-teacher.html](http://www.drugabuse.gov/parent-teacher.html)
- Fact sheets: [www.nida.nih.gov/Infobox/Infoboxindex.html](http://www.nida.nih.gov/Infobox/Infoboxindex.html);  
[www.nida.nih.gov/Infobox/HSYouthtrends.html](http://www.nida.nih.gov/Infobox/HSYouthtrends.html)
- ♦ Visit [www.cdc.gov/tobacco/issue.htm](http://www.cdc.gov/tobacco/issue.htm) for more information on tobacco.

## J. Smoking

In 2002, 30% of the population over 12 used tobacco at least once a month totaling 71.5 million people.<sup>9</sup>

- ♦ Age 12 to 17: 3.8 million
- ♦ Age 18 to 25: 14 million
- ♦ Age 26 and older: 53.7 million
- ♦ More than 440,000 deaths per year
- ♦ \$75 billion in medical costs

From [www.thetruth.com](http://www.thetruth.com):

- ♦ The overall usage of tobacco has decreased recently.
- ♦ One out of every 5 deaths in the US is related to tobacco.

**Project Ideas** – Plan events for these special times:

- ♦ May – World No Tobacco Day: [www.aaworldhealth.org](http://www.aaworldhealth.org)
- ♦ November – Great American Smoke out Day: [www.cancer.org](http://www.cancer.org)
- ♦ November – Wipe Out Smoking Month: [www.saddonline.com/campaign.htm#tobacco](http://www.saddonline.com/campaign.htm#tobacco)

## K. Alcohol & Consequences

Statistics on alcohol and youth [www.ama-assn.org/ama/pub/category/3566.html](http://www.ama-assn.org/ama/pub/category/3566.html):

- ♦ Approximately 11 million American youth under the age of 21 drink alcohol.
- ♦ Alcohol is the most common drug used by high school seniors.
- ♦ Alcohol is involved in almost half of all teen car accidents.
- ♦ Alcohol abuse is linked to as many as two-thirds of all sexual assaults and date rapes of teens and college students.

## Available Resources:

- ♦ April – Alcohol-free weekend: [www.ncadd.org](http://www.ncadd.org)
- ♦ October – Binge drinking/alcohol poisoning awareness:  
[www.hpcnet.org/sdsmt/SiteID=115077](http://www.hpcnet.org/sdsmt/SiteID=115077)
- ♦ National Institute on Alcohol Awareness and Alcoholism: [www.niaaa.nih.gov](http://www.niaaa.nih.gov)
- ♦ Find more research and reports: [www.alcoholstats.com](http://www.alcoholstats.com)

## L. Respiratory Health among Minorities

- ♦ Children breathe one and a half times as much air as adults pound for pound, and because their respiratory systems are still developing, they are more susceptible than healthy adults to environmental threats.<sup>10</sup>
- ♦ Poor, inner-city minorities have disproportionately high rates of mortality from asthma.<sup>11</sup>

<sup>9</sup> [www.nida.nih.gov/Infobox/tobacco.html](http://www.nida.nih.gov/Infobox/tobacco.html)

<sup>10</sup> American Public Health Association: [www.apha.org/ppp/science/PMComm.htm](http://www.apha.org/ppp/science/PMComm.htm)

<sup>11</sup> [www.cdc.gov/asthma/speakit/intro.htm](http://www.cdc.gov/asthma/speakit/intro.htm)



- ♦ Many low-income, minority communities are located in close proximity to chemical and industrial settings where toxic waste is generated.<sup>12</sup>
- ♦ The poorest minorities in Britain are 30 to 50% more likely to be in poor health than the minority groups that are wealthy.<sup>13</sup>

Facts from [www.allaboutblackhealth.com](http://www.allaboutblackhealth.com):

- ♦ 71% of blacks live in counties that do not meet federal air pollution standards, compared with 58% of whites.
- ♦ Blacks have higher poverty rates and as a result tend to live in polluted areas where housing tends to be cheaper.
- ♦ Blacks are three times as likely as whites to be hospitalized for asthma and twice as likely to die from asthma attacks.

### **Available Resources:**

- ♦ A high school lesson plan on measuring the quantity of ozone pollutants:  
<http://servicelearning.org/static/link/pages/124.htm>
- ♦ National Institute of Environmental Health Sciences – Strategic Plan for Eliminating Environmental Health Disparities: [www.niehs.nih.gov/ospp/home.htm](http://www.niehs.nih.gov/ospp/home.htm)
- ♦ American Public Health Association: [www.apha.org/ppp/science/PMComm.htm](http://www.apha.org/ppp/science/PMComm.htm)

## **II. Further Involvement**

### **A) Service Project Ideas:**

#### **Nutrition:**

- ♦ Learn about nutrition and healthy food choices while planting a garden or raising money for a garden. Plant the garden in and/or distribute the food to a neighborhood that can benefit from the fruits and vegetables being grown.
- ♦ Volunteer in a local hospital to learn about the health care system and help the hospital staff.
- ♦ Sell wholesome snacks at a school event, such as raisins, popcorn, dried fruit, fig newtons, and apples to give the crowd a healthy alternative to such foods as hot dogs, chips, and fries. Donate the proceeds to an organization working to improve current health-related issues.
- ♦ Help out at a food bank or soup kitchen to learn about the impact of malnutrition and key foods for healthy eating, and collect, sort, or serve food to help nourish others.

#### **Health Care:**

- ♦ Conduct a first aid drive: Collect items for first aid kits and donate the kits to a part of the community or world where this assistance would be most effective.
- ♦ Help your local fire department test and replace batteries in carbon monoxide detectors – look at group homes and shelters.
- ♦ Compile a guide to important Help Lines, clinics, counseling services, and support groups in the area and distribute to the surrounding community, particularly to college students.
- ♦ American Red Cross [www.redcross.org](http://www.redcross.org):
  - Volunteer your time and donate blood and other resources to ease health problems following a natural disaster or during war. Remember that emergency response organizations also need monetary donations.
  - January – National Volunteer Blood Donor Month: [www.aabb.org](http://www.aabb.org)

#### **Physical activity:**

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<sup>12</sup> National Institute of Environmental Health Sciences: [www.niehs.nih.gov/oc/factsheets/justice.htm](http://www.niehs.nih.gov/oc/factsheets/justice.htm)

<sup>13</sup> Policy Studies Institute: [www.psi.org.uk/news/pressrelease.asp?news\\_item\\_id=61](http://www.psi.org.uk/news/pressrelease.asp?news_item_id=61)

- ♦ Raise money for a local trail or park, or help clean a trail or park to promote exercise in the community.
- ♦ Create a recreation guide for the community including the best and safest places to walk, run, bike, hike, etc., as well as locations for free or inexpensive exercise classes.
- ♦ Have an intramural field on campus to increase physical activity among students.
- ♦ Older student athletes can teach younger kids about muscles and movement and can volunteer at an after school program by playing outside to keep the younger kids active.

#### **Drug Awareness:**

- ♦ Volunteer in a rehab center.

#### **B) Seasons of Service:**

*January* – National Volunteer Blood Donor Month [www.aabb.org](http://www.aabb.org)

*February* – National Eating Disorders Screening Program [www.mentalhealthscreening.org](http://www.mentalhealthscreening.org)

National Eating Disorder Awareness Week [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

*April* – National Public Health Week [www.apha.org/NPHW](http://www.apha.org/NPHW)

Alcohol-Free Weekend [www.ncadd.org](http://www.ncadd.org)

*May* – World No Tobacco Day [www.aaworldhealth.org](http://www.aaworldhealth.org)

Teen Pregnancy Prevention Month [www.advocatesforyouth.org](http://www.advocatesforyouth.org)

*October* – National Depression Screening Day [www.mentalhealthscreening.org](http://www.mentalhealthscreening.org)

Binge Drinking/Alcohol Poisoning Awareness [www.sadd.org](http://www.sadd.org)

*November* – Great American Smokeout Day [www.cancer.org](http://www.cancer.org)

Wipe Out Smoking Month [www.saddonline.com/campaign.htm#tobacco](http://www.saddonline.com/campaign.htm#tobacco)

*December* – World AIDS Day [www.worldaidsday.org](http://www.worldaidsday.org)

Events occurring on various dates around the country:

- ♦ Diabetes Walk: <http://walk.diabetes.org>
- ♦ Daffodil Days: [www.cancer.org](http://www.cancer.org)
- ♦ Relay for Life: [www.cancer.org](http://www.cancer.org)

#### **C) Civic Engagement:**

You can use civic engagement to support healthy lifestyles in the United States; (see the websites listed below for help with the following):

- ♦ Join or start a health advocacy organization in your neighborhood
- ♦ Write letters to public officials about health issues and legislation
- ♦ Monitor a bill at the state or federal level
- ♦ Invite elected officials, candidates, and media to relevant service projects
- ♦ Work with local officials to increase funding for youth activities in your community
- ♦ If you are old enough, VOTE!

More information on civic engagement:

[www.allianceforjustice.org/student/co\\_motion](http://www.allianceforjustice.org/student/co_motion)

[www.youthepeople.com](http://www.youthepeople.com)

[www.SERVE.net.org](http://www.SERVE.net.org)

[www.bettertogether.org](http://www.bettertogether.org)

[www.vote-smart.org](http://www.vote-smart.org)

[www.crf-usa.org](http://www.crf-usa.org)

[www.panettainstitute.org](http://www.panettainstitute.org)

[www.publicwork.org](http://www.publicwork.org)

[www.iop.harvard.edu](http://www.iop.harvard.edu)

[www.actionforchange.org](http://www.actionforchange.org)

[www.youthactivism.com](http://www.youthactivism.com)

Access Youth Service America's tip sheets on civic engagement:

[www.YSA.org/nysd/resource/nysd\\_resources\\_parent.cfm](http://www.YSA.org/nysd/resource/nysd_resources_parent.cfm)

### III. Additional Resources and Reading

- ♦ College students study abroad with the International Partnership for Service-Learning and Leadership: [www.ipsl.org](http://www.ipsl.org)
- ♦ Service-learning activities for the classroom: [www.learningindeed.org/tools/examples.html](http://www.learningindeed.org/tools/examples.html)
- ♦ Corporation for National Service: [www.cns.gov](http://www.cns.gov)
- ♦ National Service-Learning Cooperative Clearinghouse: [www.servicelearning.org](http://www.servicelearning.org)
- ♦ Drug Abuse Resistance Education (D.A.R.E.) curriculum: [www.dare.org/home/Curriculum](http://www.dare.org/home/Curriculum)
- ♦ National Service-Learning Exchange: [www.nslexchange.org](http://www.nslexchange.org)
- ♦ Alcohol and drug Help Line 1-800-821-4357: [www.wellplace.com](http://www.wellplace.com)
- ♦ Girls & Boys Town National Hotline 1-800-448-3000: [www.girlsandboystown.org](http://www.girlsandboystown.org)
- ♦ Drug and Alcohol Treatment and Prevention Services 1-800-262-2463: [www.phoenixhouse.org](http://www.phoenixhouse.org)
- ♦ Partnership for a Drug-Free America: [www.drugfree.org](http://www.drugfree.org)
- ♦ Mothers Against Drunk Driving (MADD) 1-818-325-0235: [www.madd.org](http://www.madd.org)
- ♦ Families Anonymous 1-800-736-9805: [www.familiesanonymous.org](http://www.familiesanonymous.org)
- ♦ Families in Action 1-770-934-6364: [www.nationalfamilies.org](http://www.nationalfamilies.org)
- ♦ Hazelden Foundation 1-800-328-9000 [www.hazelden.org](http://www.hazelden.org)
- ♦ National Clearinghouse for Alcohol and Drug Information 1-800-729-6686: [www.health.org](http://www.health.org)
- ♦ People in Progress 1-213-384-6689: [www.peopleinprogress.org](http://www.peopleinprogress.org)
- ♦ Community Anti-Drug Coalitions of America 1-800-542-2322: [www.cadca.org](http://www.cadca.org)
- ♦ National Council on Alcoholism & Drug Dependency 1-313-861-0666: [www.ncadd-detroit.org](http://www.ncadd-detroit.org)